

CANNABIS

EDIBLES COOKBOOK

TASTY CANNABIS RECIPES
YOU CAN ENJOY MAKING!

by

*tristan
sandler*

Cannabis Edibles Cookbook

Tasty Cannabis Recipes You Can Enjoy Making!

BY: TRISTAN SANDLER



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Introduction



Medical marijuana patients are often interested in the benefits that can be offered by cannabis edibles. Cannabinoid receptors exist throughout our bodies and scientists have found that they release natural endocannabinoids when we exercise, meditate, and consume cannabis. These come with a number of benefits. However, not all edibles are created equal: some can be quite strong and some people might have an allergic reaction to the ingredients in them so it's important to be informed about what you're consuming.

Cannabis is known for its medicinal properties for people with chronic pain or conditions that cause anxiety and symptoms like mood swings and weight loss. Some people don't feel these benefits when they eat edibles because it takes a while for THC/cannabinoids from marijuana to hit your bloodstream.

Cannabis edibles are infused foods that use marijuana as the primary

active ingredient. Edibles can be eaten in a variety of ways including cooking, baking, and brewing. The preparation method chosen typically determines the texture and flavor profile of the food or drink. Cannabis edibles come in many forms including hard candies, baked goods with pure cannabis extract, liquids such as tinctures, or beverages like tea or coffee with cannabis extract added.

A cannabis edible is a food item infused with the active agent of a marijuana plant. The active agent in cannabis is tetrahydrocannabinol, better known as THC. This chemical has been the subject of many medical studies and the findings are mixed as to its benefits and drawbacks. While some studies show it can help treat various illnesses or ailments, other studies show it causes memory loss and other types of neurodegenerative disorders when consumed over long periods of time. With that being said, in countries such as Canada, where medicinal marijuana is legal, patients will use cannabis edibles to help treat their ailments as they believe it's more effective than smoking.

Chapter 1. Staples

1. Cannabis Tincture



Cannabis tincture is a herbal extract made by dissolving greenish-brown flowers of cannabis in either hot or cold alcohol.

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: about 2 quarts

Ingredients:

- 2 ounces cannabis, finely ground
- 2 quarts grain alcohol like ever clears

Directions:

Sanitize a 2-quart glass jar or mason jar. Add marijuana to the jar. Fill the jar with alcohol.

Fasten the lid and place it in a cool, dark place. Shake the jar every couple of days. Repeat this process for 2-3 weeks—strain with a cheesecloth or a fine wire mesh strainer into a jar. Pour into dropper bottles. Place in the refrigerator or a cool place until use.

2. Cannabis Sugar



Cannabis sugar is made from sugar and water over low heat while continuously stirring it so it doesn't burn or harden.

Preparation Time: 25 minutes

Cooking Time: 15-25 minutes

Servings: ½ cup

Ingredients:

- 3 grams of Cannabis
- 1/2 cup - high amount of alcohol
- 1/2 cup - granulated sugar

Directions:

Take the grass and add it to a jar. Then pour alcohol to cover it. Next, seal the jar by tightly screwing the lid on. You will need to shake it in 5-minute intervals for a duration of 20 minutes. Take the mixture and drain it through a cheesecloth set over a bowl, while making sure to discard the

solids.

Now that you have cannabis-infused alcohol, you will then mix sugar into it. Once mixed, spread the mixture in even layers in a 9 x 12-inch glass baking dish. Bake it and occasionally stir it until the alcohol has evaporated, and the sugar is lightly golden.

3. Cannabis Honey



The cannabis honey recipe is a relatively new food item that has been making waves in the world.

Preparation Time: 15 minutes

Cooking Time: 4 hours

Servings: almost 1000 ml

Ingredients:

- 28 grams of marijuana,
- 1kg honey

Directions:

Place marijuana in a dish. Discard any stems and split them up into little pieces that will make them simple to mix with honey.

Use a double piece of cheesecloth and put the crushed cannabis. Then, take a bit of string and tie it carefully toward one side, focus, and the opposite end. By doing this, you will be making sure that the cannabis is tightly

secured and does not flow out into the honey. Try not to wrap the cheesecloth too firmly as honey ought to enter it quickly.

Meanwhile, put the honey in a crockpot at an extremely low temperature and warm it. Put the tied cannabis in the crockpot with the honey. Put the lid on the slow cooker and let it steep on low heat for about 4 hours. After every hour, make sure to stir the cannabis bundle. After every hour, you will see a change in shading from a pale shade of orange to a darker tint of orange. Ensure you don't subject it to a boiling point, or it will lose every one of its properties. To guarantee that the potency retains, cook on low heat. Following four hours turn off the crockpot and let the mixture blend overnight.

The next day, if the mixture is too thick and can't be poured, you can heat it and warm it a little bit. Now put on the elastic gloves and carefully squeeze the cannabis bundle. Get out as much as much liquid as you can. When the liquid is out of the bundle, give it a ring to make the most of it. Pour the infused honey from the crockpot into containers for storage.

4. Cannabis Milk



Cannabis milk is a nutrient-packed, healthy alternative to dairy milk, and it's super easy to make.

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: almost 7 cups

Ingredients:

- ¼ oz. cannabis
- 7 cups of whole milk
- 3 cups of heavy whipping cream

Directions:

In a medium saucepan, put water with enough of it to boil (you are going to place a steel bowl on top of this pot of water, and the water level should not touch your bowl). In a steel bowl, combine cream, milk, and cannabis and stir.

When your water reaches a boil, turn down the heat so that it is at a

simmer, and put your steel bowl with the milk mixture on top of the saucepan. By cooking your milk like this, you are decarboxylating your cannabis without scorching any of the dairy products.

The milk only needs to steep for about 30 minutes but should not be cooked for any more than three hours. Once at least 30 minutes have passed, line a sieve with cheesecloth and strain the milk through the cheesecloth to retain any cannabis particles which may remain. Cool in the fridge.

5. Cannabis Butter



The Cannabis Butter melts on your tongue and has the taste of avocado blended with hemp hearts.

Preparation Time: 15 minutes

Cooking Time: 8 hours

Servings: 1 lb.

Ingredients:

- 1 lb. of unsalted butter
- 1 oz. of cannabis
- A slow cooker or Crockpot
- Cheesecloth or fine cloth
- Fine meshed strainer/sieve

Directions:

Pound and grind the cannabis as fine as you can with a hand grinder or food processor. Combine your butter and weed and put them in the slow

cooker. Set it on low, and the slower cooker should stay stable between 160°F and 170°F for best extraction.

Mix until the butter is liquefied and mixed well with the cannabis Put on the cover, and leave for 8 hours. Following 8 hours, turn off the crockpot and strain your butter blend through a fine cloth to cheesecloth placed on a strainer. Make it a point to give it a good press, and store it in water/air proof jars or containers in the fridge or cooler for as long as 4 months. The recipe can be divided.

6. Cannabis Oil



Cannabis oil is a type of cannabis extract. Cannabis extracts are concentrates made from cannabis plant matter but, unlike other types of extracts, do not include harsh solvents or chemicals.

Preparation Time: Overnight

Cooking Time: 1-hour

Servings: 2 cups

Ingredients:

- ¼ pound green bud leaves
- 5 cups of water (for cooking)
- 2 cups of water (for rinsing)
- 2 cups of olive oil, vegetable oil, or coconut oil

Directions:

Mix together olive oil, green bud leaves, and 5 cups of water into a pressure cooker and cover it well and cook it for 60 minutes. At the point

when it begins boiling, turn the heat to low, so the water doesn't cook out as the water shields it from burning. As soon as 1 hr. has passed, turn off the pressure cooker. Now, the liquid extraction process comes next. Before you begin pulverizing, you have to set up the container or jar by fixing the fine cloth or cheesecloth to its top so the fluid will undergo filtration, as we don't need any mash or pulp in it. Put the mixture into the smasher and press the fluid out through the tube that is connected.

As the fluid passes through the tube, you will see the change in its shading to a dark green as its oil streams out in the fluid. When all the fluid is separated, take off the cheesecloth gently, ensuring no mash drops out into the jar or container. Press the remaining liquid from the cloth and set it aside. At this point, you will see two particular layers in the container. The water and oil in the fluid mixture have separated: the layer at the base is water, and the upper layer is oil! The jar can then be placed in the chiller overnight to harden.

The next day you will observe mixture has set into two distinct layers. Now what we want is the upper layer, which is the cannabis-infused oil by using a huge spoon scoop the solidified oil out into a little jar. Ensure you are scooping just the green stuff, which is the marijuana cooking oil. Try not to get the brownish part, which is water. Then put the jar back into the freezer after taking out only as much as you want to use. Leaving it out will make it rancid.

7. Cannabis Mayonnaise



It is a type of mayonnaise made with cannabis oil.

Preparation Time: 20 minutes

Cooking Time: 0 minutes

Servings: about 2 ½ cups

Ingredients:

- 1 cup Canna Oil
- 3 large egg yolks
- ½ tsp. Dijon mustard
- 1 tsp. fresh lemon juice
- 1 tsp. white vinegar
- Sea salt to taste

Directions:

Add all ingredients in the blender like Canna Oil and mix just until everything is combined. As with the vinaigrette, the speed at which we add

the oil is crucial to the outcome of the Cannabis Mayo. The stream of oil should never be thicker than a toothpick.

Set the blender to a low turn and drizzle the oil in very slowly. The mixture will begin to thicken as you add the oil, and you can determine how thick you would like your Cannabis Mayo to be.

8. Cannabis Vinaigrette



This cannabis vinaigrette recipe is a perfect balance of herbs, oils, and spices to give your salads an intoxicating flavor.

Preparation Time: 15 minutes

Cooking Time: 0 minutes

Servings: 1 ¼ cup

Ingredients:

- 1 cup Canna Oil
- ¼ cup of balsamic vinegar
- 1 tsp. minced garlic
- 2 tsp. of basil
- 2 tsp. oregano
- 1 tbsp. minced red onion
- ¼ cup of balsamic vinegar
- Salt and pepper to taste

Directions:

In a food processor, put all ingredients except oil and blend until ingredients are mixed. The oil must be added to the dressing in a very slow manner with the stream of oil never being any thicker than a toothpick.

The more oil you add, the thicker the dressing will be. Test the taste and thickness occasionally and make changes as you wish.

Chapter 2. Breakfast

9. Cannabutter Banana Nut Bread



The cannabutter will give the dish a luxurious flavor but still be delicate enough for those who are on their diet.

Preparation Time: 30 minutes

Cooking Time: 1 hour 30 minutes

Servings: 8

Ingredients:

- 2 eggs
- 1 cup of cannabutter
- 1 cup of brown sugar
- 1 cup of granulated sugar
- 6 bananas, peeled, mashed
- 2 tsp. of ground cinnamon
- 2 tsp. of baking powder
- 1 cup of chocolate chips

- 1 cup of walnuts, chopped
- 1 tsp. of vanilla extract
- 3 cups of flour
- 1 cup of whole wheat flour
- 2 tsp. of baking soda
- 2 tsp. of baking powder
- 2 tsp. of milk

Directions:

Add cannabutter, brown sugar, and sugar to a bowl and beat until creamy.

Add one egg at a time and beat it.

Beat until the mixture is light and creamy. Set aside for a while.

Put together all the dry ingredients in a bowl and set aside.

Add bananas, milk, and vanilla to a bowl and beat until well combined.

Pour into the bowl of the butter mixture.

Whisk until well combined.

Now add the dry ingredient mixture into it and mix well.

Add the walnuts and chocolate chips and mix well.

Pour into a greased baking pan.

Place the baking pan in a preheated oven at 325 °F for 1 to 1 1/2 hours or until done.

Take the baking dish from the oven and cool for 15 minutes.

Invert onto a plate. Cool until it is warm.

Slice and serve.

Nutrition:

- Calories: 682 kcal
- Protein: 10.93 g

- Fat: 32.84 g
- Carbohydrates: 89.48 g

10. Skillet Baked Eggs



One of my favorite breakfast recipes is Cannabis Skillet Baked Eggs. This is a deliciously simple recipe that you can enjoy every day.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4

Ingredients:

- 1 cup of plain Greek yogurt
- 2 cloves of garlic, halved
- Kosher salt to taste
- 3 tbsp. of unsalted cannabutter, divided
- 5 tbsp. of leek, sliced, white, and pale green part only
- 3 tbsp. of scallions, chopped, white, and pale green parts only
- 15 ounces of fresh spinach, rinsed

- 2 tsp. of fresh lemon juice
- 6 large eggs
- 1/2 tsp. of crushed red pepper flakes
- 1/4 tsp. of paprika
- 2 tsp. of fresh oregano, chopped

Directions:

In a small bowl, add yogurt, garlic, and a pinch of salt. Mix well and keep aside.

Place a skillet over medium heat. Add half the cannabutter. When the butter is heated, add leeks and scallion.

Lower the heat. Cook until softened.

Add spinach, salt, and lemon juice.

Raise the heat to medium-high. Sauté for a few minutes until the spinach is wilted.

Transfer the contents to a large ovenproof dish. Do not add the excess liquid that is present in the spinach mixture.

Make 6 wells in the mixture.

Gently break an egg into each of the wells.

Place the dish in a preheated oven. Bake at 300 °F until the eggs are set.

Place a small saucepan over medium-low heat. Add the remaining cannabutter. When the butter melts, add the yogurt mixture and a pinch of salt. Cook for a few seconds and add oregano. Cook for 20-30 seconds. Discard the garlic halves.

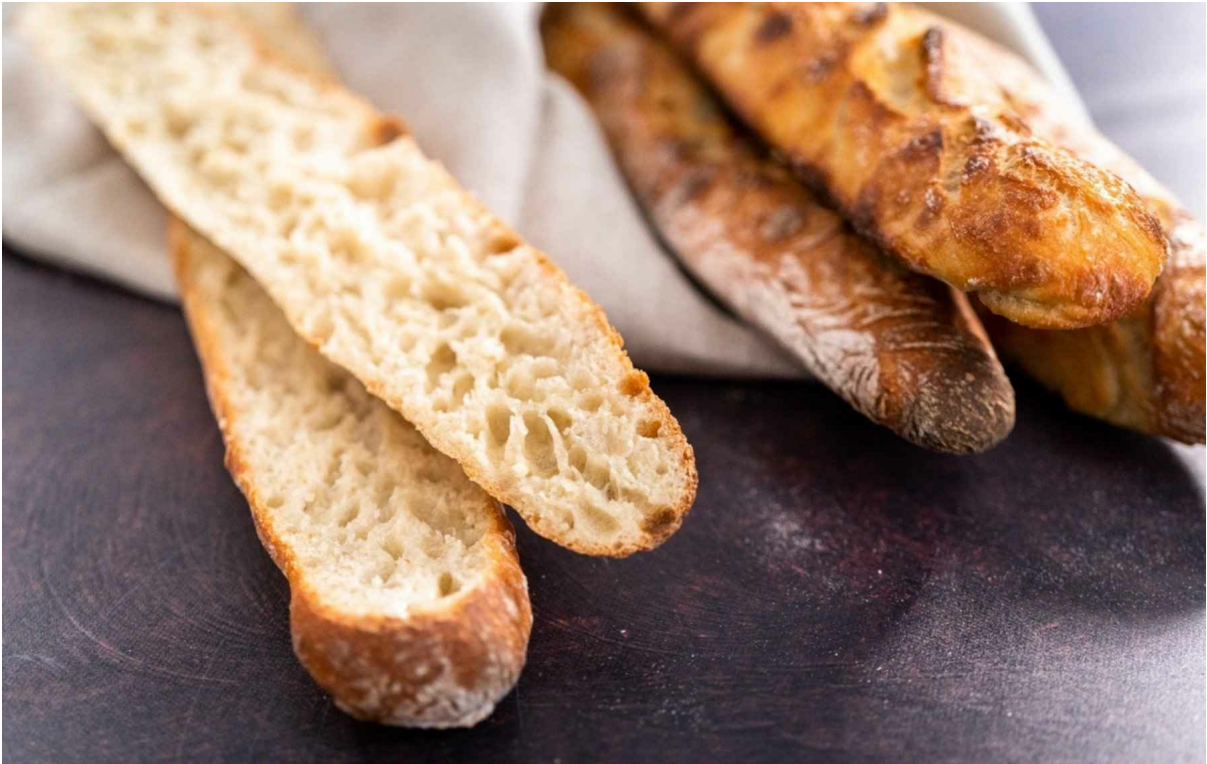
Pour the yogurt mixture over the eggs and serve.

Nutrition:

- Calories: 235 kcal
- Protein: 9.43 g

- Fat: 13.39 g
- Carbohydrates: 22.4 g

11. Weed French toast



Just like regular French toast, this is bread dipped in butter or oil and fried.

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 6

Ingredients:

- 6 eggs
- 12 slices (each of 3/4 inch thickness) from French baguette, sliced crosswise at an angle
- 1 1/2 cups of milk
- 4 1/2 tbsp. of cannabutter
- 2 1/2 tbsp. of butter, unsalted + extra for greasing
- 5 tbsp. of maple syrup
- 1/3 cup of sugar

- 1 1/2 cups of milk
- 3/4 tsp. of salt
- 1 1/2 tsp. of vanilla extract
- Powdered sugar to top

Directions:

Grease the baking dish with butter.

Add both the butter to a bowl and mix well. Spread this mixture on one side of each slice of bread.

Lay the bread slices in the baking dish with the buttered sides facing up.

Whisk together the rest of the ingredients in a bowl until well combined.

Pour this mixture over the bread slices. Press it down with a spoon.

Cover and chill overnight.

In a preheated oven, put the baking dish at 350 °F for about 45 minutes or until golden brown.

Remove from oven. Cool for 5 minutes.

Sprinkle powdered sugar and serve.

Nutrition:

- Calories: 688 kcal
- Protein: 22.97 g
- Fat: 41.12 g
- Carbohydrates: 56.15 g

12. Canna Cheesy Egg Benedict



Canna Cheesy Egg Benedict Recipes are a great way to enjoy your favorite breakfast dishes with an extra kick of cannabis.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients:

- 1 1/2 cups of milk
- 2 tbsp. of cannabutter
- 2 tbsp. of Parmesan cheese, shredded
- 4 tbsp. of Cheddar cheese, shredded
- 3 1/2 tbsp. of all-purpose flour
- 1/2 tsp. of Dijon mustard
- Salt to taste
- White pepper to taste

For the poached eggs:

- 8 cold eggs
- 1 tsp. of white vinegar
- 8 strips of bacon, cooked, crumbled
- 8 slices of Canadian bacon, warmed
- 4 English muffins, split, toasted

Directions:

Place a saucepan over medium heat. Add cannabutter. When it melts, add flour and stir for a few seconds.

Pour the milk slowly, stirring simultaneously. Simmer until the sauce is thick.

Lower heat, add cheese, Dijon mustard, salt, and pepper, and continue stirring until the cheese melts and the mixture is homogenous.

Remove from heat. Cover and put aside.

Place a large, deep skillet and set over medium heat. Pour enough water that it should cover about 3 inches from the bottom of the skillet.

Add vinegar and bring to a boil.

Take the egg and crack it open into a saucer. Slowly slide the egg (slide it from as close to the water as possible) into the boiling water.

Repeat with the remaining eggs (add only as many eggs as can fit in the skillet, you can do it in batches)

Cook until the eggs are set. Remove with a slotted spoon.

To serve: place a Canadian bacon slice over each of the muffin halves. Place a poached egg over the bacon.

Spoon some cheese sauce over it.

Finally, place the crumbled bacon over it and serve.

Nutrition:

- Calories: 314 kcal
- Protein: 20.64 g
- Fat: 16.98 g
- Carbohydrates: 19.8 g

13. Bacon and Zucchini Hash



As the name suggests, this is a fusion of cannabis and bacon. Also, you can use sliced zucchini instead of onions for a vegetarian version.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 4 slices of bacon (about 4.2 ounces)
- 2 large eggs, cooked sunny side up
- 2 medium zucchinis, chopped
- 1/2 tsp. of pink Himalayan salt
- Pepper powder to taste
- 2 tbsp. of cannabis-infused ghee or coconut oil
- 2 tbsp. of parsley, chopped

Directions:

Place a skillet over medium heat. Add cannabis-infused coconut oil.

When the oil is heated, add bacon and cook until light brown.

Add zucchini and cook until done.

Add parsley, stir, and remove from heat.

Top with egg and serve.

Nutrition:

- Calories: 172 kcal
- Protein: 3.69 g
- Fat: 17.07 g
- Carbohydrates: 1.57 g

14. Cannabis Whole Wheat Buttermilk Pancakes



Cannabis Whole Wheat Buttermilk Pancakes recipe is a delightful breakfast treat that will leave your friends and family asking for more.

Preparation Time: 10 minutes

Cooking Time: 10-15 minutes

Servings: 4

Ingredients:

- 2 cups of whole wheat flour
- 4 tbsp. of weed sugar
- 1/4 tsp. of cooking soda
- 2 cups of buttermilk
- 1 tsp. of baking powder
- 1/4 tsp. of salt

- Cooking spray
- Honey to serve
- Berries to serve

Directions:

Put together all the dry ingredients in a bowl. Pour buttermilk and whisk well until it is free from lumps. Set aside for 10-15 minutes.

Place a nonstick skillet over medium heat. Spray with cooking spray.

Pour about a ladle of batter. (Pour according to the size of pancakes you desire). Swirl the pan so that it spreads a little.

Bubbles will start appearing on the top of the pancake. Cook until the underside is golden brown (or the color you desire). Flip the sides and cook the other side too.

Repeat with the remaining batter.

Top with honey and serve with berries.

Nutrition:

- Calories: 285 kcal
- Protein: 11.98 g
- Fat: 2.58 g
- Carbohydrates: 57.62 g

15. Quinoa Corn Cannabis Muffins



There is no better time than now to learn how to combine these ingredients in a delicious dessert/breakfast.

Preparation Time: 21 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

- 1 cup of cooked or ½ cup of raw quinoa
- ½ cup of grilled or cooked corn, cut the cob
- 1 cup of whole-wheat pastry flour (or favorite canna flour)
- 1 cup of quinoa flour (look in the bulk section at the health food store)
- ¼ tsp. of salt
- 1 tsp. of baking soda
- ½ cup packaged light brown sugar (or low-impact favorite

sweetener)

- 1 egg
- ¼ cup of cannabis butter, melted
- 1 ¼ cup of yogurt
- 1 tsp. of vanilla extract

Directions:

At 375 °F, preheat the oven and grease the muffin tin. You can use a mini muffin tin or a standard muffin tin, but I prefer a mini muffin tin because it is easier to dose your food.

If you need to cook your quinoa, put it in a saucepan with 1 cup of water and bring it to a boil. Cover the pan and lower the heat. You know it is ready when all the water is absorbed and the germ, or 'tail,' comes out of the grain. Fluff with a fork, remove from heat, and leave covered until ready to use.

To make the muffin batter, combine the two types of flour, salt, baking soda, and sugar in a mixing bowl. Use another bowl to mix the egg, melted cannabis butter, yogurt, and vanilla.

Stir the wet ingredients into the dry ingredients and add the cooked quinoa and corn. Make sure to scrape the bowl's bottom and sides and make sure all the flour is absorbed. Spoon the batter into the muffin tin and bake for 25 minutes using standard-sized tins and 15 minutes using a mini muffin tin.

Muffins are golden brown and feel hard when they are done baking.

Eat half a standard muffin to get a decent dose and eat three mini muffins for the same effect—stones 8 to 12.

Nutrition:

- Calories: 295 kcal
- Protein: 9.65 g

- Fat: 11.07 g
- Carbohydrates: 40.25 g

16. Vegetable Fritters



If you're looking to spice up your next family gathering, try this Cannabis Vegetable Fritters recipe. It's quick, easy, and sure to please any crowd!

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 1 small head cauliflower, chopped into bite-sized pieces
- 1 medium eggplant, sliced into 1/4 inch thick rounds
- 1 large potato, sliced into 1/8 inch thick rounds
- 1 large onion, sliced into 1/8 inch thick rounds
- 10-12 medium-sized spinach leaves
- Vegetable oil as required to deep fry
- For the batter:

- 2 cups of garbanzo flour (chickpea flour)
- Water as required
- 1 tsp. of salt
- 1 tsp. of chili powder
- 1 green chili, thinly sliced
- 10-12 fresh cannabis leaves, minced
- A pinch of baking soda

Directions:

To make the batter: add all the batter ingredients except water and mix well.

To make a thick batter of decreasing consistency, add enough water.

Pour oil into a deep pan. Place the pan over medium heat.

When the oil is sufficiently hot but not smoking, dip the vegetables in the batter and drop them one by one into the oil—Cook in batches.

Fry until golden brown. Serve with a dip of your choice.

Nutrition:

- Calories: 517 kcal
- Protein: 25.45 g
- Fat: 6.69 g
- Carbohydrates: 94.25 g

17. Blueberry Cannabis Muffins



The popularity of these cannabis muffins is due to how easy they are to make and how good they taste.

Preparation Time: 15 minutes

Cooking Time: 36 minutes

Servings: 8

Ingredients:

- Muffin baking tin
- Paper cupcake liners
- 1 ½ cups of all-purpose flour
- ¾ cup of white sugar
- 1 egg
- 1/3 cup of Canna milk
- 1 cup of fresh blueberries

- ½ tsp. of salt
- 2 tsp. of baking powder
- ½ cup of Canna oil
- ½ cup of white sugar
- 1/3 cup of all-purpose flour

Directions:

Warm the oven up to 400 °F. Line muffin cups with paper liners.

Take a bowl and in it, combine flour, sugar, salt, and baking powder. Put it aside.

Place the Canna oil in a 1-cup measuring cup and add the egg and enough Canna milk to fill it. Add to the flour mixture and stir.

Fold blueberries into the batter.

Fill the muffin cups up. Sprinkle each cup with ground cinnamon.

Bake in the preheated oven for 20 to 25 minutes.

Nutrition:

- Calories: 225 kcal
- Protein: 5.27 g
- Fat: 7.64 g
- Carbohydrates: 34.82 g

18. Pan-Canna Cakes



The recipe for pan-canna cakes is quite easy.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- Baking tray or skillet
- $\frac{3}{4}$ cup of flour (or Canna Flour)
- 2 tbsp. of baking powder
- 2 tsp. of sugar
- $\frac{1}{2}$ tsp. of salt
- 2 tbsp. of vegetable oil
- $\frac{3}{4}$ cup of Canna Milk
- 1 egg
- $\frac{1}{2}$ cup of water

Directions:

Preheat the baking sheet or skillet over medium heat.

In a prepared large bowl, mix flour, baking powder, sugar, and salt.

Combine oil, Canna Milk, egg, and water in a separate bowl. Mix well.

Take the liquid mixture and pour it into the dry mixture and stir gently to combine them both. The batter should look a bit lumpy.

Lightly grease the cooking surface and pour the batter according to your size preference.

Flip the pancakes over if you see bubbles on the surface—heat for about a minute more.

Nutrition:

- Calories: 188 kcal
- Protein: 4.67 g
- Fat: 9.47 g
- Carbohydrates: 22.91 g

19. Easy Cannabis Crêpes



Here are some of the words that describe Easy Cannabis Crêpes: recipe, delicious, savory.

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 1 1/2 cups of Canna Milk
- 1 tbsp. of granulated sugar
- 1/4 tsp. of kosher salt
- Powdered sugar, for serving
- 1 tbsp. of Canna Butter
- Fresh fruit, to serve
- 1 cup of all-purpose flour
- 2 large eggs

Directions:

In a prepared large mixing bowl, make a well with flour, add eggs, and slowly stir them into flour. Add sugar and salt and stir until combined.

Gradually add the Canna Milk and beat to combine. Let the batter sit at room temperature until it bubbles, 15 to 20 minutes.

Melt the Canna Butter in a small skillet over medium heat. About 1/4 cup at a time, evenly drop batter onto the pan and turn to coat evenly.

Boil for 2 minutes, flip it over and cook for 1 minute; repeat with the remaining batter. Serve the pancakes warm with fresh fruit and powdered sugar.

Nutrition:

- Calories: 223 kcal
- Protein: 7.6 g
- Fat: 7.56 g
- Carbohydrates: 30.54 g

Chapter 3. Main Meals

20. Roasted Mushrooms



A recipe for Cannabis Roasted Mushrooms. Nothing beats a delicious Cannabis dish with some roasted mushrooms and a lip-smacking sauce. Give it a try!

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 1 pound of cleaned mushrooms, cleaned
- 1/4 cup of cannabis butter
- 1 tbsp. of oil
- Salt & pepper
- 1 tsp. of chopped thyme
- 2 chopped garlic cloves
- 1 tbsp. of lemon juice

Directions:

Add mushrooms to oil and add salt & pepper, place mixture in a single layer on a baking sheet, and roast in an oven preheated to 200 °C until they begin to caramelize, approximately 20 minutes, stirring halfway through.

Cook cannabis butter on moderate heat until it changes into a pretty hazelnut brown, take off the heat and add garlic, lemon juice, and thyme.

Throw in the mushrooms that you roasted in the cooked butter and season using salt & pepper according to your taste.

Nutrition:

- Calories: 109kcal
- Fat: 9.5g
- Protein: 3.8g
- Carbohydrates: 4g

21. Hot Wings



Cannabis Hot Wings is a cannabis and hot wings mix, created from the frisky combination of cannabis and hot sauce.

Preparation Time: 5 minutes

Cooking Time: 50 minutes

Servings: 4

Ingredients:

- Baking sheet
- 1/2 cup of melted cannabis butter
- 25 pieces of chicken wings
- 6 ounces of canned tomato sauce
- 1 tsp. of chili powder
- 1/2 cup of red hot sauce
- 1 tsp. of garlic powder

Directions:

Preheat the oven to 400 °F.

Bake the wings for around 25 minutes or until they are cooked through.

Mix hot sauce, garlic, melted cannabis butter, tomato sauce, and chili powder.

Coat the wings with this sauce mixture completely.

Place them on a baking sheet. Reduce oven temperature to 250 °F and keep baking for almost 20 minutes.

Let it cool for about 5 minutes before eating.

Nutrition:

- Calories: 311kcal
- Fat: 12g
- Protein: 17g
- Carbohydrates: 34g

22. Spaghetti Bolognese



This is one of the many pasta recipes that can be made with cannabis oil.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 2 tbsp. of cannabis butter
- Baby Bella (8 oz.) of mushrooms
- 1 tbsp. of tomato paste
- 2 tbsp. of cannabis oil
- 2 carrots rinsed and split into bits
- 1 red split into bits onion
- 2 stalks of celery split into bits
- Salt & pepper

- 1 tbsp. of fennel seeds
- 1 tsp. of dried basil
- 2 diced garlic cloves
- 1 can of whole skinned plum tomatoes
- 1 tsp. of squeezed red pepper
- 1 pound of pasta cooked

Directions:

Warm the cannabis butter and cannabis oil in a big skillet over moderate flame. Use a food processor to process the mushrooms until they are completely chopped. Transfer to skillet. Process the onion, carrots, and celery using the food processor. Add pepper & salt according to your desire. Cook the veggies, regularly mixing for around 20 minutes until they become tender.

Add garlic, crushed red pepper, and fennel, and cook for around 2 minutes until it's fragrant.

Add tomatoes, basil, tomato paste, and some pepper and salt as well. Cook, regularly mixing until you reach the desired thickness for around 20 minutes. Serve by adding overcooked pasta.

Nutrition:

- Calories: 615kcal
- Fat: 9g
- Protein: 27g
- Carbohydrates: 110g

23. Garlic Pasta



Garlic pasta is an easy and delicious recipe that is a very popular dish in the Mediterranean.

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 6-8

Ingredients:

- 1 package of angel hair pasta
- Freshly powdered black pepper
- Kosher salt
- 7 roughly chopped garlic cloves
- 4 tbsp. of cannabis butter
- 3/4 cup of Parmesan cheese

Directions:

Use a large skillet to melt cannabis butter over moderate heat. Add garlic and cook for 3-5 minutes until it turns light brown. Take off the heat and place it aside. It may keep frying, but it is fine since garlic should have a toasted flavor.

Carry a big pot of salted water to a boil. Add pasta and cook for around 2 minutes, mixing regularly. Drain the pasta and reserve half a cup of pasta water. Place pasta back in the pot and add pepper, garlic butter, and salt. Use a large fork and spoon to mix the ingredients thoroughly now. Add the reserved cup of pasta water and a half-cup of grated Parmesan cheese. Taste to see if you have enough cheese and add more if you desire.

Take the pasta out and place it on a big platter and use Parmesan cheese for topping.

Nutrition:

- Calories 312.5kcal
- Fat: 14.3g
- Protein: 11.1g
- Carbohydrate: 34.8g

24. Herb Chicken



Cannabis Herb Chicken is one such great idea that can help bring the evening together.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 3

Ingredients:

- 1 tsp. of parsley to garnish
- 2 tbsp. of cannabis oil
- 1 tsp. of Italian seasoning
- 1 1/4 cup of cannabis milk
- 3 medium-sized chicken breast
- Salt
- 1 tsp. of lemon zest

- 3 diced garlic cloves
- 1 1/4 cup of freshly shredded Parmesan
- Freshly powdered black pepper
- 1 tsp. of minced fresh rosemary
- 1 tsp. of minced fresh thyme

Directions:

Season the chicken with salt and pepper. Also, use Italian seasoning.

Use a large skillet to warm 1tbsp of cannabis oil over moderate heat. Then place chicken and cook for around 8 minutes until it turns golden and you no longer see pink.

Take chicken out of the pan and add the rest of the cannabis oil. Then place garlic, rosemary, and thyme and cook for 1-2 minutes until it is fragrant.

In the end, add cannabis milk, lemon zest, and Parmesan and beat to mix thoroughly. Season using salt and pepper and carry to a simmer. Place chicken back in skillet and allow it to simmer for around 3 minutes until the sauce has become thick. Use sauce to baste chicken and garnish with parsley.

Enjoy the meal.

Nutrition:

- Calories: 176kcal
- Fat: 4g
- Protein: 26g
- Carbohydrates: 5g

25. Homemade Gravlax



A Cannabis Homemade Gravlax recipe is a herbaceous and healthy smoked salmon recipe which can be made with organic cannabis oil.

Preparation Time: 72 hours

Cooking Time: 0 minutes

Servings: 10

Ingredients:

- 1 and 1/2 cups of kosher salt
- 3/4 cup of granulated sugar
- 1 tbsp. of cannabis oil
- 3 tbsp. of vodka or tincture of weed-infused alcohol
- 1 cup of dill leaves
- 2 tbsp. of lightly crushed black peppercorns
- 3 lemons, peeled, and one lemon, finely sliced crosswise
- 1 tbsp. of mace

- 1-piece mid-cut, with skin fillet of salmon, pin bones taken out (2-pound)

Directions:

Mix salt, pepper, lemon zest, sugar, mace, and dill in a bowl with cannabis oil. Position the skin side of the salmon down on a double-thickness of plastic wrap. Use the salt mixture to season the flesh side and sprinkle alcohol. Wrap the salmon firmly and place it in a baking dish with the flesh side on the dish. Refrigerate for 48 hours; gently massage the salmon to reshuffle the brine. Refrigerate for 24 more hours. Once it's cured fully, gravlax should be thick enough.

Take the wrap off the salmon, remove the extra brine, and move the skin side down to the chopping block. Cut the gravlax transversely into very thin pieces and move to a serving platter. Garnish with cut lemon and dill.

Enjoy the meal!

Nutrition:

- Calories: 206kcal
- Fat: 12.3 g
- Protein: 22.1 g
- Carbohydrates: 0g

26. Lemon Chicken



Cannabis lemon chicken recipe is an easy-to-make dish that takes only moments to prepare.

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 4 boneless and skinless breasts of chicken
- 2 tsp. of minced garlic
- 3 tbsp. of melted cannabis butter
- 1/3 cup of chicken broth
- Salt & pepper
- 1 tbsp. of honey
- 4 tbsps. of lemon juice

- 1 tsp. of Italian seasoning
- Optional: rosemary and slices of lemon to garnish

Directions:

Preheat the oven to 400 °F and lubricate a big casserole dish or a baking dish.

Use a large skillet to melt cannabis butter over moderate heat. Place the chicken and cook until it turns brown for around 3 minutes on each side.

Mix chicken broth, honey, Italian seasoning, lemon juice, garlic, salt & pepper.

Add the sauce over the chicken. Bake chicken for half an hour (20 minutes if the chicken breasts are smaller and 30 minutes if the breasts are bigger) until the chicken is completely cooked. Spoon sauce and add over the chicken after every 5-7 minutes.

Garnish with lemon slices and fresh rosemary if you like.

Enjoy the meal!

Nutrition:

- Calories: 289.6kcal
- Fat: 0.9g
- Proteins: 30.7g
- Carbohydrates: 30.6g

27. Sardine Spaghetti



The dish may be eaten alone or as part of an Italian-themed appetizer spread.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

- 3 tbsp. of cannabis oil, and some extra for drizzling
- Half head fennel, minced, fronds saved for garnish
- 5 minced garlic cloves
- Kosher salt
- 1/4 cup of white wine
- Freshly powdered black pepper
- 1 can of sardines (122 grams)

- 1 can of whole skinned tomatoes, mashed by hand (450 grams)
- 1 tsp. of chili flakes
- 450 grams of spaghetti
- Infused or plain ricotta cheese 225 grams

Directions:

In a big skillet, warm 3 tbsp. of cannabis oil over moderate flame. Place the garlic and cook for 2 minutes, until it's fragrant. Add the fennel as well as the sardines and cook for 4 minutes until the fennel is fluffy. Add the chili flakes and cook for another 1 minute. Introduce the white wine, and then cook until marginally reduced, for 2 minutes. Add the tomatoes and cook for 3 - 5 minutes, until a bit thick. Season with pepper and salt and keep it warm.

Bring to a boil a big pot of kindly salted water. For al dente, introduce the spaghetti and prepare by cooking 1 minute less than the box says. Drain, keeping 1/2 cup of cooking water reserved. Stir in the sauce with the pasta and season with salt and pepper. If required, add a little bit of cooking liquid to thin it out mildly. Divide between bowls and top them with a dollop of ricotta. For serving, sprinkle with olive oil and season with the fennel fronds.

Nutrition:

- Calories: 350kcal
- Fat: 12.8g
- Protein: 14.5g
- Carbohydrates: 47.3g

28. Cannabis-Infused Buffalo Wings



This recipe is for wings infused with cannabis. It's a little taste of weed-infused heaven in your mouth and makes a perfect dish that can be served hot or cold.

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4-6

Ingredients:

- 25 chicken wings
- ½ cup of red hot sauce
- 1 tsp. of chili powder
- 1 tsp. of garlic powder
- ½ cup of Cannabutter (melted)
- 6 ounces of tomato sauce (canned)

Directions:

Preheat oven to 400 °F.

Bake the wings for 25 minutes, or until thoroughly cooked.

Combine melted Cannabutter, tomato sauce, hot sauce, garlic, and chili powder.

Toss cooked wings in the sauce mixture and coat well.

Return to the baking sheet. Reduce oven to 250 °F and bake for another 20 minutes.

Let cool for 5 minutes before serving.

Nutrition:

- Calories: 325 kcal
- Protein: 27.75 g
- Fat: 19.9 g
- Carbohydrates: 7.02 g

Chapter 4. Cannabis Soups and Salads

29. Chong's Chickpea Salad



Your search is over! Here's a recipe to keep you going all day long.

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Servings: 2-3

Ingredients:

- 2 cans of chickpeas
- 2 stalks of celery, finely chopped
- 1/4 cup red pepper, finely chopped
- 1/4 cup green pepper, finely chopped
- 3 green onions, finely chopped
- 1 clove garlic, minced
- 1 1/2 yellow mustard
- 2 tsp. lemon juice
- 2 tbsp. canna oil

- Salt and pepper to taste

Directions:

Using a large bowl, mix the ingredients all together. Keep fresh in the fridge for up to 3 days.

Nutrition:

- Calories: 299
- Fat: 4.9g
- Carbs: 45.6g
- Protein: 9.1g

30. Canna Caesar Salad



Canna Caesar Salad is a recipe for a vegetarian dish.

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: 2

Ingredients:

- 1 head romaine lettuce
- 4 prepared as well as squashed strips of bacon
- Croutons
- 3 tablespoons grated parmesan cheese
- 2 tbsp. cannabis olive oil
- 2 tbsp. mayo
- 1 clove garlic (diced).
- 2 tsp. White vinegar.

- 1 tsp. Dijon mustard
- 1 tsp. Anchovy paste
- 1/4 tsp. Worcestershire sauce.
- 1/4 tsp. Salt.
- 1/4 tsp. Ground black pepper.

Directions:

Make the vinaigrette by combining olive oil, mayo, garlic, white vinegar, mustard, anchovy pastes, Worcestershire, salt, and pepper.

For the salad, cut the romaine lettuce right into bite-size items and place it in a bowl. Add the croutons, bacon as well and dressing.

Nutrition:

- Calories: 310
- Fat: 5.9g
- Carbs: 55g
- Protein: 10.1g

31. Split Pea Soup



It is an amazing, healthy, and easy-to-make meal that can be eaten anytime.

Preparation Time: 30 minutes.

Cooking Time: 6 hours

Servings: 6-8

Ingredients:

- 4 tbsps. Canna Oil
- 4 cups dried split peas
- 2 large carrots
- 1 large white onion
- 2 garlic cloves
- 5 cups vegetable broth
- 4 tbsps. white miso paste
- 4 cups of water

- 1 tsp. dried thyme
- 2 bay leaves
- 1 tsp. salt
- ½ tsp. black pepper

Directions:

Wash and rinse carrots and split peas. Finely chop carrots and onion. Mince the garlic.

To begin, clean the carrots by washing them thoroughly as well as making sure to rinse the dried split peas by taking a strainer and using it correctly. Leave the peas to drain in your sink—place carrots into a slow cooker. Heat one tablespoon of Canna Oil in a large skillet and allow onions to cook for about three minutes. Put the minced garlic and cook for a while, then put in the onions and split peas in the slow cooker. Season the contents of the slow cooker and add the miso paste and balance of the Canna Oil. Stir until all the contents of the slow cooker are thoroughly mixed.

Add the broth, water, and bay leaves and stir—Cook the soup for about six hours on low. Stir occasionally. Remove bay leaves before serving. Serve with fresh bread or soup crackers.

Nutrition:

- Calories: 210
- Fat: 2.9g
- Carbs: 29.19g
- Protein: 5.5g

32. Marijuana French Onion Soup



Marijuana and French onion soup are two very popular dishes because they are both delicious.

Preparation Time: 15 minutes.

Cooking Time: 2 hours

Servings: 8-10

Ingredients:

- 4 tbsps. Canna Butter
- 6 Spanish onions
- 8 cups beef broth
- 4 tbsps. butter
- ½ cup red wine
- 2 cups shredded gruyere cheese
- ½ cup of water
- 1 tsp. salt

- ½ tsp. black pepper
- 1 French baguette

Directions:

Melt Canna Butter and plain butter in a large pot over medium heat. Slice onions into thin pieces and add to the pot. Allow cooking for about 90 minutes, stirring occasionally. Next, take the onions and a knife and begin to slice them into thin pieces and then add them to the soup pot that holds the melted Canna Butter. Slice the bread, toast (in a toaster or oven), and set aside.

When the onions are caramelized, add broth, water, salt, pepper, and red wine into the pot and stir. Let the soup simmer for 20 minutes. While the soup is cooking, preheat the oven broiler and shred the cheese. Place a piece of toasted bread in each of the four ovenproof bowls and place the bowls onto a baking sheet.

When the soup becomes hot, ladle it into the bowls. Top each soup bowl with cheese and place bowls under the broiler. Leave the soup to cook for eight minutes. Garnish with a sprig of thyme.

Nutrition:

- Calories: 295
- Fat: 4.1g
- Carbs: 38g
- Protein: 5g

33. Fennel and Crab Salad



Cannabis- fennel and crab salad recipe is a messy, tangy-sweet, and sour summer salad.

Preparation Time: 10 minutes.

Cooking Time: 0 minutes

Servings: 2

Ingredients:

- 3 ounces jumbo lump crab
- ½ ounce fennel (sliced thin)
- ½ tsp. apple cider vinegar
- 1 tsp. olive oil (maybe substituted with infused chili oil for an enhanced version)
- Thyme (chopped)
- Kosher salt to taste
- Pinch of granulated sugar

Directions:

Whisk together vinegar and oil. Add sugar, salt, and thyme. Stir. Fold in fennel. Move around for a minute or so until the fennel gives and softens.

Gently fold in the crab, being careful not to break up the lump meat. Serve on top of corn custard with pan-fried corn.

Nutrition:

- Calories: 315
- Fat: 8.9g
- Carbs: 32.0g
- Protein: 12.1g

34. Ganja Roasted Pear Salad



The Cannabis Ganja Roasted Pear Salad is a vegan salad made with lots of flavors and topped with canna oil.

Preparation Time: 10 minutes

Cooking Time: 30-40 minutes

Servings: 8

Ingredients:

- 3 pears (halved and cored)
- 3 cups spring mix
- ½ cup parsley
- ½ cup fennel (thinly sliced)
- ½ cup mint (roughly chopped)
- 2 tsp. thyme
- 2 tbsp. canna olive oil

- 1 Tbsp. raw sugar
- raspberry dressing
- 6 tbsp. blue cheese
- Pinch of Salt

Directions:

Toss pears in olive oil and sugar. Roast pears on a sheet pan at 450°F until golden. Remove from the oven and cool.

In a bowl, blend mixed greens, mint, parsley, fennel, thyme, and salt to taste.

Serve with raspberry dressing and blue cheese. Garnish with raspberries, blueberries, and/or toasted walnuts.

Nutrition:

- Calories: 291
- Fat: 4.9g
- Carbs: 41. g
- Protein: 7g

35. Canna Tuna Salad



This is one of the many unique Cannabis Tuna Salads you can make by following this easy recipe.

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Servings: 4

Ingredients:

- ¼ cup of Canna-Oil
- 12 ounces of drained tuna
- 4 tbsp. of mayonnaise
- 2 green onions chopped
- 2 stalks of chopped celery
- Paprika, salt & black pepper and sage

Directions:

First, grab a big mixing bowl and combine the tuna, green onions, and

celery. Cover the mixture with four tablespoons of mayonnaise and then pour over your ¼ cup of Canna-Oil.

Blend all the components carefully in the dish, and then top off with your favorite seasonings to create some taste. Put the container of Tuna Salad in the refrigerator to cool for about 1 hour. After the mixture has chilled, serve, and enjoy!

Nutrition:

- Calories: 281
- Fat: 3.5g
- Carbs: 31.1g
- Protein: 4.9g

36. Canna Vegetable Soup



Canna Vegetable Soup is a kind of soup. It can also be made in different ways depending on what your local cuisine is like.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 2 tbsp olive oil
- 1 large potato
- 1 large carrot
- 1 medium onion
- 1 leek
- 2 celery stalks
- 1, 6 oz. can diced tomatoes

- 4 cups of vegetable stock
- 1 tsp. oregano
- 2 cups of water
- 1 tbsp. minced garlic
- ¾ cup of red wine
- Worcestershire sauce - 2 tbsp
- 1 tbsp. of red wine vinegar
- Black pepper and salt to taste
- 1 tbsp. cannabis-infused butter

Directions:

To prepare the vegetables – finely dice the onion and garlic so they look minced. For the rest, cut them up but leave them chunky. Then add everything to a large pot that has been placed over a medium heat source. Sauté the onion in olive oil for about 5 minutes or until translucent. Add chopped carrots, celery, and leeks, and simmer for another 10 minutes.

You will now need to turn the heat source to low, then you will add the garlic and the ‘Canna Butter and stir. After a minute has passed, you will stir in the red wine and vinegar, and place the mixture back on a low heat source for a period of 3 minutes.

Add the remaining vegetables such as water, potatoes, tomatoes, celery, and vegetable stock to the mixture. At this point, you should turn the heat up and let the mixture boil.

Cook for a period of 10 minutes. Add oregano seasoning and Worcestershire sauce and cook for another 2 minutes until vegetables become tender.

Nutrition:

- Calories: 286

- Fat: 2.9g
- Carbs: 29.9g
- Protein: 7.1 g

37. Marijuana-Infused Butternut Squash Soup



This is a soup that tastes like fall. It has a sweet and savory flavor, and it's perfect for any time of day.

Preparation Time: 20 minutes.

Cooking Time: 1 ½ hour.

Servings: 4

Ingredients:

- 3 tbsp. of canna oil or as prescribed/ handful of cannabis leaves
- 3 pounds of butternut squash, seeded and halved vertically
- 3 tbsp. of olive oil kept separate
- Half a cup of shallots, chopped
- Salt to taste
- 4 minced garlic cloves

- 1 tbsp. maple syrup
- Pinch of ground nutmeg
- Black pepper to taste
- 1 liter of vegetable broth
- 2 tbsp. of butter or olive oil as per preference

Directions:

Before starting, heat oven to 450°F makes sure to line a baking tray with parchment paper. Put butternut squash in a pan and lightly drizzle with olive oil. Rub the oil on the inside of the squash and garnish with salt and pepper. Turn the squash face down after garnishing and roast for around 50-60 minutes.

Bring it down to a cooler temperature for around 10 minutes after pulling out the baking tray of the oven. Scoop out the butternut squash flesh and throw away the skin.

Once done, heat 1 tablespoon of olive oil and allow until it simmers over medium heat. Sprinkle salt and add the shallots. Cook for around 5 minutes until the chopped shallots turn golden brown on the sides. Add garlic and keep stirring until the garlic releases an aroma. Take a blender and put in the garlic and shallot mixture with the squash, canna oil, maple syrup, nutmeg, and pepper. Add the vegetable broth (as much as you can until the maximum allowed limit in your blender. Any remaining broth can be added later). Run the blender till the soup is consistent and creamy.

Add more broth (if needed) and butter or olive oil. Blend again and add salt, pepper, or red chili powder after tasting as per your desire). Serve your soup as it is or store it away for later! Enjoy!

Nutrition:

- Calories: 325
- Fat: 7g

- Fiber: 9.5 g
- Carbs: 53 g
- Protein: 10.6 g

38. Hearty Noodle Soup



Canna Hearty Noodle Soup recipe is one of the main dishes in the diet.

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- A large shredded cooked chicken breast
- 2 tbsp. of canna oil or cannabutter
- 350 grams of egg noodles
- 2 peeled and diced yellow onions
- 2 liters of chicken broth
- 1 cup carrots
- 1 cup of thinly sliced celery
- Salt to taste
- Pepper to taste

- 4 tablespoons of finely chopped parsley
- Dried oregano to taste
- 2 tbsp. of olive oil
- 4 minced garlic cloves
- Bay leaf

Directions:

Boil egg noodles till slightly cooked for around 5 minutes. Drain and store away for later.

Pour canna oil and olive oil into a soup pot and heat over medium temperature. Add the carrots, onion, and celery into the pot and sauté for around 5-7 minutes until the vegetables are soft.

Add garlic and allow to cook for another minute. Add the chicken broth, bay leaf, some salt and pepper, and oregano, and bring the soup to a boiling temperature.

After a few minutes, add the egg noodles and allow the soup to cook for ten minutes. Once done, add the cooked shredded chicken and parsley. Continue to heat the soup for a few more minutes to allow the chicken to warm. Add salt and pepper. Stop the heat, remove the bay leaf, and serve.

Nutrition:

- Calories: 241
- Fat: 2.8g
- Fiber: 6.4
- Carbs: 29.6g
- Protein: 7.1g

Chapter 5. Desserts

39. Bacon Spice Cupcakes



Cannabis bacon spice cupcakes are not just an indulgent dessert; they are also made with marijuana to provide the perfect high.

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 12

Ingredients:

- 1½ tsp baking powder
- 1½ cups all-purpose flour
- 1 cup sugar
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- ¼ tsp grated nutmeg
- ½ tsp salt

- ½ cup canna-butter, softened
- ½ cup sour cream
- 2 large eggs
- ½ tsp maple extract
- 4 slices bacon, cut into 12 pieces

Topping

- ¼ cup all-purpose flour
- ¼ cup sugar
- 2½ tbsp unsalted butter, chilled and cut into ½-inch pieces
- ½ tsp ground cinnamon
- ¼ cup pecans, chopped

Directions:

Preheat the oven to 350°F (175°C). Use paper liners to line a 12-cup muffin or cupcake tray.

To make the topping, mix the flour, sugar, butter, cinnamon, and pecans together in a mixing bowl. Set aside.

To make the batter, mix the baking powder, flour, sugar, cinnamon, allspice, nutmeg, and salt together in a mixing bowl.

In another mixing bowl, beat the butter and cream until fluffy. Add the eggs, one at a time. Mix well.

Mix in the maple extract.

Combine the two mixtures and mix until smooth and without visible lumps.

Evenly distribute the batter among the cups. Sprinkle the topping mixture evenly on top. Check by inserting a toothpick; if it doesn't come out clean, bake for a few more minutes and repeat.

Bake for 20–25 minutes until golden brown. Check by inserting a

toothpick; if it doesn't come out clean, bake for a few more minutes and repeat.

Leave the pan in the oven for 5 minutes to cool slightly.

Remove from oven and let cool on a wire rack for 10–15 minutes.

Place one bacon piece over each cupcake and press.

Serve warm.

Nutrition:

- Calories 223
- Carbs 32g
- Fat 8g
- Protein 4g

40. Coffee Ganache Cupcakes



A cupcake recipe that includes ganache and coffee.

Preparation time: 10 minutes

Cooking time: 30 minutes

Servings: 8-10 cupcakes

Ingredients:

- ¼ cup canna butter
- 1 cup sugar
- 4 large eggs, room temperature
- 2 cups chocolate syrup
- 1 tbsp vanilla extract
- 1 cup all-purpose flour
- 1 tsp instant coffee granules

Ganache

- ½ cup heavy cream
- ½ pound semisweet chocolate morsels
- ½ tsp instant coffee

Directions:

Warm up the oven to a temperature of 325°F (160°C). Use paper liners to line a 12-cup muffin/cupcake tray or grease the cups with some butter or cooking spray.

Take a mixing bowl, and in it beat the butter and sugar until fluffy consistency forms. Make sure to add the eggs one at a time to ensure they mix smoothly. Mix well.

Mix in the chocolate syrup and vanilla.

Mix together the flour and coffee granules.

Combine the two mixtures and mix until smooth and without visible lumps.

Evenly distribute the batter among the cups.

Bake for 25–30 minutes until golden brown. Check by inserting a toothpick; if it doesn't come out clean, bake for a few more minutes and repeat.

Leave the pan in the oven for 5 minutes to cool slightly.

Remove from oven and let cool on a wire rack for 10–15 minutes.

Serve warm.

Ganache

Mix all of the ingredients together. Microwave until completely melted. Mix well.

Dip the tops of the cupcakes in the ganache.

Set aside to firm up before serving.

Nutrition:

- Calories 407
- Carbs 36.5g
- Fat 13.4g
- Protein 7.1g

41. Lemon Cupcakes



Cannabis Lemon Cupcakes recipe is a delicious and decadent treat that uses cannabis-infused butter to turn the classic lemon cake into something even more special.

Preparation time: 15 minutes

Cooking time: 20 minutes

Servings: 16

Ingredients:

- 4 eggs, room temperature
- 1 tsp vanilla extract
- 2 tbsp lemon zest
- 1 cup whole milk
- 3 cups self-rising flour
- ½ tsp salt
- ½ cup canna-butter, room temperature

- ½ cup unsalted butter, room temperature
- 2 cups sugar
- 2½ tbsp lemon juice

Icing

- 2 cups heavy cream
- ¾ cup confectioners' sugar
- 1½ tbsp lemon juice

Directions:

Preheat the oven to 375°F (190°C). Line a 16-cup muffin or cupcake pan with paper liners or grease the cups with some butter or cooking spray.

Mix the flour and salt together in a mixing bowl.

In another mixing bowl, beat both the kinds of butter and the sugar until fluffy. Add the eggs, one at a time, as well as the vanilla and lemon zest. Mix well.

Combine the two mixtures and mix until smooth and with no visible lumps. Mix in the lemon juice and milk.

Evenly distribute the batter among the cups.

Bake for 15–20 minutes until golden brown. Check by inserting a toothpick; if it doesn't come out clean, bake for a few more minutes and repeat.

Leave the pan in the oven for 5 minutes to cool slightly.

Remove from oven and let cool on a wire rack for 10–15 minutes.

Icing:

In a mixing bowl, beat the cream and sugar until fluffy. Add half of the lemon juice. Mix well.

Add the remaining lemon juice and mix for 5 minutes until soft peaks form.

Spread the icing over the cupcakes and serve.

Nutrition:

- Calories 384
- Carbs 43g
- Fat 21g
- Protein 4g

42. Blueberry Pie



The best cannabis blueberry pie recipe is something that few people are familiar with. Few people know how to make weed and food work together.

Preparation time: 10-15 minutes

Cooking time: 30-40 minutes

Servings: 6-8 slices

Ingredients:

- 2 sheets refrigerated pie crust
- 1 tbsp lemon juice
- ¼ cup all-purpose flour
- 6 cups fresh or frozen blueberries (or pitted cherries)
- ½ cup sugar
- ¼ tsp cinnamon
- 2 tbsp canna-butter, cut into small pieces

Directions:

Preheat the oven to 425°F (220°C). Place one pie crust sheet in a 9-inch pie pan. Press firmly to cover the sides of the pan. The crust should be hanging 1 inch over the edges; trim any excess dough.

Mix together the lemon juice, flour, blueberries, sugar, and cinnamon.

Pour over the pan; add the canna-butter pieces evenly on top.

Arrange the second pie crust sheet on top. The crust should be hanging 1 inch over the edges; trim any excess dough.

Fold and pinch the edges together to create a seal.

Make slits in the top with a knife.

Bake for 20 minutes. Reduce temperature to 350°F (175°C).

Bake for 30–40 minutes until the top and edges turn golden brown and the filling is bubbling.

Remove from oven and let cool completely on a wire rack.

Slice and serve.

Nutrition:

- Calories 331
- Carbs 47g
- Fat 15g
- Protein 3g

43. Apple Pie



Canna apple pie recipe is a dessert that combines the traditional ingredients of an apple pie with the effect and taste of Cannabis, using a THC-infused butter or oil.

Preparation time: 10 minutes

Cooking time: 45 minutes

Servings: 6-8 slices

Ingredients:

- 2 sheets refrigerated pie crust
- ¼ tsp nutmeg
- 5 peeled apples, cored and diced
- 1 cup brown sugar
- ½ cup white sugar
- 1 tsp cinnamon
- 1 tbsp lemon juice

- 1 tsp vanilla extract
- 1 tbsp canna-butter
- 1 egg white

Directions:

Preheat the oven to 400°F (200°C). Place one pie crust sheet in a 9-inch pie pan. Press firmly to cover the sides of the pan. The crust should be hanging 1 inch over the edges; trim any excess dough.

Add the cannabutter and flour to a medium saucepan or skillet. Heat over medium heat.

Add the sugar and all of the spices; stir-cook until simmering.

Mix in the lemon juice and vanilla. Stir.

Add the apples and stir-cook for 8–10 minutes.

Pour over the pan and arrange the second pie crust sheet on top. The crust should be hanging 1 inch over the edges; trim any excess dough.

Fold and pinch the edges together to create a seal.

Make 4 slits in the top with a knife. Brush egg white on top.

Bake for 45 minutes until the top and edges turn golden brown and the filling is bubbling.

Remove from oven and let cool for 2 hours on a wire rack.

Slice and serve.

Nutrition:

- Calories 200
- Carbs 51g
- Fat 20g
- Protein 1g

44. Coconut Pie



This easy recipe is a great way to use up the extra cannabis you have on hand.

Preparation time: 10 minutes

Cooking time: 40 hours

Servings: 1 pie (8 servings/slices)

Ingredients:

- 2 cups cannabis milk
- 1 cup condensed milk
- 1 (11–12 inch) pie crust
- 3 large eggs
- 3 tsp vanilla extract
- 1 cup shredded coconut, lightly toasted
- 1 cup granulated sugar

- ½ tsp salt
- Butter to grease

Directions:

Preheat oven to 300°F or 148°C.

Grease a pie pan with some butter and place the crust in it.

Combine the sugar, condensed milk, cannabis milk, eggs, vanilla extract, toasted shredded coconut, and salt in a mixing bowl to make a smooth mix.

Add the batter to the pie shell and bake for 35–40 minutes or until the pie is well set.

Let cool and slice. Serve warm.

Nutrition:

- Calories 523
- Carbs 42.3g
- Fat 26.8g
- Protein 4.6g

45. Cherry Pie



Cannabis Cherry Pie is a cannabis-infused dessert.

Preparation time: 25–30 minutes

Cooking time: 1-hour

Servings: 6–8 slices

Ingredients:

- 2 sheets refrigerated pie crust
- ½ cup all-purpose flour
- 4 cups cherries, pitted
- 1 cup sugar
- ¼ cup canna-butter
- ½ tsp vanilla extract
- 1 tsp sugar

Directions:

Preheat the oven to 375°F (190°C). Place one pie crust sheet in a pie pan. Press firmly to cover the sides of the pan. The crust should be hanging 1 inch over the edges; trim any excess dough.

Mix together the flour, cherries, sugar, and canna butter.

Mix in the vanilla extract.

Add the filling to the pan and arrange the second pie crust sheet on top. The crust should be hanging 1 inch over the edges; trim any excess dough.

Fold and pinch the edges together to create a seal.

Make 6 slits in the top with a knife.

Refrigerate for 20–25 minutes.

Bake for 55–60 minutes until the top and edges turn golden brown and the filling is bubbling.

Remove from oven and let cool completely on a wire rack.

Sprinkle sugar on top and refrigerate for 1 hour before serving.

Nutrition:

- Calories 397
- Carbs 62g
- Fat 17g
- Protein 3g

46. Cracker Coconut Bars



It's a sweet, chewy bar that is made from coconut, sugar, and eggs. With such a simple ingredients list, it's hard to go wrong with Cracker Coconut Bars!

Preparation time: 10 minutes

Cooking time: 25 minutes

Servings: 15-20 bars

Ingredients:

- 1 cup canna-butter, melted
- 1 can condensed milk
- 1 cup graham cracker crumbs
- 1 cup coconut, shredded
- 1 cup chocolate chips

Directions:

Preheat the oven to 350°F (175°C).

Evenly spread the melted cannabutter over the bottom of a 9×13-inch baking pan.

Spread the cracker crumbs evenly on top. Press gently to form an even layer.

Sprinkle the coconut and then the chocolate chips over the cracker layer.

Pour on the condensed milk.

Bake for about 25 minutes until the edges turn golden.

Let cool slightly.

Slice into squares and serve warm.

Nutrition:

- Calories 209
- Carbs 19g
- Fat 14g
- Protein 2g

47. Canna Carrot Muffins



Canna Carrot Muffins: A recipe for a great muffin with carrots, cannabis, and maple syrup.

Preparation Time: 15 minutes

Cooking Time: 25-30 minutes

Servings: 10-12

Ingredients:

- 1¾ cups flour
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp ground ginger
- ½ tsp grated nutmeg
- ¼ tsp baking soda
- ⅛ tsp baking powder
- 1 cup maple syrup

- ½ cup solid CBD Coconut Oil melted, or ¼ cup CBD Oil mixed with ¼ cup vegetable oil
- ½ cup milk
- 1 tbsp fresh lemon juice
- 1 tsp vanilla extract
- 2 cups grated carrot
- ½ cup crushed pineapple, drained
- ½ cup each raisin, coconut, and pecans (or any nuts you like)

Directions:

Preheat the oven to 350 degrees Fahrenheit. Use muffin papers to line two 12-cup muffin pans, or oil and flour the tins. Combine the flour, salt, cinnamon, ginger, nutmeg, baking soda, and baking powder in a large basin. Combine the maple syrup, coconut oil, milk, lemon juice, and vanilla in a separate bowl.

Combine the liquid and dry ingredients, then gently fold until just incorporated (over-mixing makes the muffins tough). Carrots, pineapple, raisins, coconut, and pecans are folded in.

Two-thirds fill the prepared muffin pans. Allow the cake to bake for about 25 minutes or until a toothpick inserted into the middle of a muffin emerges clean. Allow them to slightly cool before serving.

Nutrition:

- Calories: 200
- Fat: 5.1g
- Carbs: 25.8g
- Protein: 1.2g

48. Hot Ganja Chocolate Cupcakes



This concept of cooking with weed has been taking place for several years but now it seems to be growing in popularity.

Preparation Time: 10 minutes

Cooking Time: 20-25 minutes

Servings: 2-4

Ingredients:

- ½ cup all-purpose flour
- 1 tsp. baking powder
- Pinch Salt
- 1/3 cup cocoa
- ½ tsp hot red pepper flakes
- 2 tbsp. canna oil
- ½ cup of milk
- ½ tsp. vanilla

- ¼ tsp. apple cider vinegar
- ¼ cup sugar

Directions:

Preheat oven to 365°. Combine the flour, baking powder, salt, and sugar. Whisk everything well. Add the wet ingredients and whisk until completely smooth.

Fill 4-5 cupcake liners 2/3 full. Bake for 20 minutes or until a toothpick comes out clean. Allow cooling completely before frosting.

Nutrition:

- Calories: 187
- Fat: 4.3g
- Carbs: 29.6g
- Protein: 1g

49. French Toast Cupcakes



Canna French Toast Cupcakes is a recipe that is the perfect balance between sweet, savory, and crispy.

Preparation Time: 20 minutes

Cooking Time: 20-25 minutes

Servings: 12

Ingredients:

Topping

- 2½ tbsp unsalted butter, cut into ½-inch pieces and chilled
- ½ tsp ground cinnamon
- ¼ cup all-purpose flour
- ¼ cup of sugar
- ¼ cup chopped pecans

Cupcakes

- ¼ tsp freshly grated nutmeg

- ½ tsp salt
- ½ cup cannabutter slightly softened
- ½ cup sour cream
- 2 large eggs
- 1½ cups all-purpose flour
- 1 cup of sugar
- 1½ tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- ½ tsp maple extract
- 4 slices bacon

Directions:

First the topping must be prepared. In a medium bowl, blend in sugar, flour, cinnamon, walnuts, and butter. Blend in the butter with your fingers so there are no pieces bigger than a little pea. Cover and refrigerate until prepared to use. Set up the cupcakes: Preheat your stove to 350°F.

Line a 12-cup biscuit tin with paper liners. In an enormous bowl, whisk together the flour, sugar, preparing powder, cinnamon, allspice, nutmeg, and salt. Put in a safe spot. In a huge bowl utilizing an electric blender, beat together the cannabutter, cream, eggs, and maple syrup on medium speed until the blend is mixed well. Lessen the blender speed to low and include the flour blend.

Beat until simply consolidated. Fill each well of the biscuit tin 2/3 full, and bake it for around 20 to 25 minutes or until a toothpick embedded into the focal point of a cupcake tells the truth. While the cupcakes are heating, cook the bacon as how you like it done. Move to a paper towel to drip the excess oil and let cool. Cupcakes must be chilled in the tin for around 15 minutes.

At that point, move to a wire rack to cool totally. Cut the bacon into 12 pieces and press a piece into the top of each muffin. For storing muffins in the freezer, seal it tightly, and it can last up to 3 months, just omit the bacon. Reheat in the toaster oven for extra deliciousness.

Nutrition:

- Calories: 190
- Fat: 5g
- Carbs: 28.8g
- Protein: 1.7g

50. Kirsch Chocolate Muffins



Cannabis-infused baked goods and chocolate muffins are the latest craze in food-based marijuana edibles

Preparation Time: 15 minutes

Cooking Time: 20-25 minutes

Servings: 6-8

Ingredients:

- 1/2 tsp. baking soda
- 1/2 cup of cannabutter
- 1/2 cup of roughly cut dark chocolate
- 3/4 cup of brown sugar
- 1/4 cup of either unsweetened cocoa powder (Dutch cocoa works too)
- 3/4 cup of milk

- 1 1/4 cups of self-rising flour
- 2 eggs
- 15 ounces of dark cherries in syrup (thawed, drained, whatever the preference)
- 1 tbsp. cocoa
- Extra 1 tsp. icing sugar

Directions:

Set the oven to 350°F. Prepare a 12-hole muffin tray with liners. Cream the butter and sugar together, adding a single egg at a time.

Take the baking soda, the cocoa, and the flour and sift together with the butter mix from before. Finish up by combining with the milk, chocolate, and cherries.

Try to fill each cupcake tin to approximately $\frac{3}{4}$ full and place it in the preheated oven for 20-25 minutes.

A sign that cupcakes are done is by doing the clean toothpick test. Once it is cooked, put it away from heat and let it cool while the icing is made. Frost and enjoy it!

Nutrition:

- Calories: 196
- Fat: 4.2g
- Carbs: 30.6g
- Protein: 1.1g

51. Lemon Coconut Muffins



Are you looking for a refreshing dessert? If so, you will enjoy lemon coconut muffins. They're soft, moist, and very tasty.

Preparation Time: 10-15 minutes

Cooking Time: 15-20 minutes

Servings: 8-10

Ingredients:

- 1 1/4 cups almond flour
- 1 cup shredded unsweetened coconut
- 2 tbsp. coconut flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp salt
- 1/4 cup of honey (raw)
- Juice and zest from 1 lemon

- 1/4 cup full-fat coconut milk
- 3 eggs, whisked
- 3 tbsp. medicated coconut oil
- 1 tsp. vanilla extract

Directions:

Bring the heat of your oven to 350°F. In a small bowl, mix all of the wet ingredients together. And in a medium bowl, combine all of the dry ingredients. Now, take the wet ingredients and slowly pour them into the dry ingredients bowl and then stir into a batter. Let your batter sit for 2-3 minutes then stir it again.

Now grease a muffin tin and fill each about two-thirds of the way full. Pop it in the oven and bake for about 20 minutes. Test the doneness of the muffin by inserting a toothpick in the center, and if it comes out clean, that means you are good to go. Remove from oven, let cool for a cool minute and serve!

Nutrition:

- Calories: 296
- Fat: 7,5g
- Carbs: 50g
- Protein: 1.9g

Conclusion

Thank you for making it to the end. The safest way to consume edibles is the same way you would eat any food: slowly and in moderation. If someone ingests too much THC too quickly, they are just as likely to experience negative side effects, such as anxiety or a panic attack. If someone does not prepare their own cannabis edible well enough—or prepare it at all—they can also miss out on some of the benefits marijuana has to offer.

In general, edibles are much more potent than smoking cannabis directly, so it's best to be aware of the factors. Here is a list of suggestions for making sure your edibles are safe and effective:

Consider checking with a physician before using the product if you have any chronic diseases such as diabetes or glaucoma; those conditions might make cannabis less effective.

Look at the ingredients listed on the back of every package before purchasing to see if there are corn syrup or other additives that may cause complications in your system.

Don't plan on operating heavy machinery or driving a vehicle while you are under the influence of cannabis products. Don't make more than one dose if you want to utilize the maximum effect of the product.

Be careful if you're holding it in your mouth, especially if it's an edible that needs chewing to be effective. Consider eating only small amounts for your first try and waiting at least 60 minutes before consuming more of a product. You may also want to avoid full-cannabinoid edibles such as raw cannabis flowers and hashish, as they can be very potent depending on the strain that is used in production.

Be cautious when buying from places outside of a regulated dispensary. It's always best to shop at established establishments that have been around

for a long time and have proven themselves trustworthy.

I hope you liked this book!

Author's Afterthoughts

♡ thank you ♡

Now's the moment of truth... What did you think about my cookbook? Did you like the recipes in it? While I certainly hope so, I would also like to know what you'd like to see more of! This might come as a surprise to you, but your ideas will surely inspire my upcoming cookbooks since the only reason I write is so that you can try out my dishes! Without you, I certainly wouldn't be here—writing and all.

Perhaps you'd like a cookbook to help you with weight loss or to help you stick to the Keto diet while eating delicious meals...Or maybe you'd just like to see a whole cookbook on brunch recipes or overnight breakfasts... You're the boss!

The only reason I can write cookbooks and try new recipes for a living is because of you, so now is my time to show some gratitude by creating cookbooks that will actually help you get through your weekly meals or special occasions! Just let us know what you'd like to see more of, and you can bet we'll get your ideas to the drawing board.

Thanks,

Tristan

About the Author

Tristan grew up watching his dad and grandma spend hours in the kitchen before a family gathering. They would prepare some of granny's secret family recipes together and then serve them once everyone arrived. Tristan only chopped carrots and onions for them, occasionally stirring the pots too, but he didn't realize how important his job was until he grew up and found himself needing a hand in the kitchen.

Especially when living on your own, doing all the chopping and cooking yourself can be very tiring. While he wished his cat could lend him a paw, hairballs weren't exactly part of his weekly night menu. For some time, Tristan lived off take-out food because it was convenient. After a long day of work, who wants to spend another hour preparing dinner and then washing the dishes? It wasn't until a buddy of his, who also happened to live on his own, introduced him into the world of meal preps and easy, simple dinners that Tristan's life changed.

He started cooking for himself. Nothing fancy, just quick but healthy meals that didn't make him dread coming home to make dinner. The cleanup was easy, too, since it was mostly one-pot meals. Eventually, he started to freeze his meals for the entire month, only reheating them as needed. His colleagues started to pick up on this, and they were soon asking Tristan to make their weekly lunch and dinners too!

Though he never envisioned himself as a full-time cook, Tristan now runs his own meal prep company in California, preparing over 1,000 meals per week for busy people who want healthy homemade meals. Occasionally, his dad goes to help out in the kitchen, now only letting him chop carrots and onions, occasionally stirring the pots too, and Tristan can't believe how lucky he is to have a helping hand like his.

